



TURN-UP YOUR HEALTH

turnip

With just 50 calories per cup, turnips are a great, low-calorie addition to your diet. Fresh turnip greens are an excellent source of vitamin C and a good source of important minerals like calcium and copper.

DID YOU KNOW?



- Both the roots and leaves of the turnip can be eaten.
- Turnip greens get tougher and stronger in taste as they mature.
- Turnip greens are a cool weather crop and can be found fresh in October through May.
- Researchers have linked the bitter taste of turnip greens to their calcium content.

WELLNESS TIP

Park as far from the main entrance of buildings as possible. Whether you're at work, school or the mall, parking the car at the edge of the lot forces you to walk just a bit further than you would normally.

SHOPPING, PREPARING AND STORING



- Select turnips that are firm, feel heavy for their size and have a sweet smell.
- Turnip greens are usually available with their roots attached. Look for greens that are unblemished, crisp and deep green in color.
- Turnip greens are best when cooked within a day or two of purchasing but will keep in a ventilated plastic bag refrigerated for up to one week.

COOKING TIPS



- Cook turnip bulbs until tender and mash them, as you would potatoes.
- Chop turnip greens into 1/2-inch slices for quick and even cooking.

SAUTEED TURNIPS

serves 4

- 2 tablespoons olive oil
- 1 garlic clove, minced
- 3 medium turnips, peeled and cut into matchsticks
- 1/2 cup raisins
- 3 tablespoons lemon juice
- 10 ounces spinach, chopped
- Nutmeg, to taste



1. In a large pan, heat the oil over medium-high heat, then add the garlic, turnips and raisins and cook for a couple of minutes.
2. Add the lemon juice and cover the pan; continue cooking the mixture for about 3 more minutes.
3. Stir in spinach and cook until just wilted. Sprinkle with nutmeg to taste and serve warm.

Recipe adapted from Fruit and Veggies More Matters
Produce for Better Health Foundation

Calories: 120; Total Fat: 5 g; Saturated Fat: 0.5 g;
Total Carbohydrates: 19 g; Protein: 2 g; Sodium: 115 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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